



Epi Update for Friday, November 16, 2018
Center for Acute Disease Epidemiology (CADE)
Iowa Department of Public Health (IDPH)

Items for this week's Epi Update include:

- **Thanksgiving food safety**
- **New online course available for youth in agriculture**
- **Staying healthy during holiday travel**
- **In the news: Raccoons drunk on crab apples cause false rabies scare in West Virginia**
- **In the news: The war to end all measles**
- **Infographic: Cooking for your community**
- **Meeting announcements and training opportunities**

Thanksgiving food safety

Turkey time is upon us! Each year, IDPH investigates foodborne outbreaks linked to large family gatherings. Food handling errors and inadequate cooking are the most common problems that lead to poultry-associated foodborne disease outbreaks in the United States.

This upcoming holiday season, remind patients to take appropriate steps to thaw, handle and cook turkey properly. It is important to always practice good hand-washing, avoid cross-contaminating other foods and surfaces with raw meat, and cook turkey to a safe internal temperature of 165 degrees Fahrenheit.

For food safety tips for holiday turkey, visit www.cdc.gov/features/TurkeyTime/.

To report foodborne illness linked to a restaurant or gathering, call IDPH's IowaSIC hotline at 1-844-469-2742.

New online course available for youth in agriculture

Animal agriculture is an important part of Iowa's economy and culture, with more than 100,000 Iowa youth participating in 4-H and/or FFA. While raising and showing animals has an overall positive impact on youth and the community, there are many diseases that can be spread among people and animals. Youth livestock projects also often involve the interaction of various animals and animal species from different locations which can contribute to the spread of disease. Several animal-related disease outbreaks, such as influenza and E. coli, have been associated with fairs and resulted in severe illness in youth. Understanding disease risks and preventive measures is critical to reduce the occurrence of zoonotic diseases among youth associated with animal agriculture.

The Center for Food Security and Public Health at Iowa State University's College of Veterinary Medicine, in collaboration with the Iowa Department of Public Health and with support from the Centers for Disease Control and Prevention and the Council of State and Territorial Epidemiologists, has developed a new course for elementary-aged youth involved in



animal agriculture to teach them about zoonotic diseases and biosecurity. Additional free resources, including hands-on activity guides, are available on the website.

To learn more visit www.BlueNotFlu.org.

Staying healthy during holiday travel

The holiday travel season is nearly upon us and many people will travel to visit loved ones or seek warmer climates during the cold winter months. Healthcare providers should ensure that patients are up-to-date on any necessary vaccinations and can inform travelers of important health issues at their destination, such as outbreaks or unique diseases that could pose important health risks. For example, there are many circulating respiratory viruses and low-level influenza activity throughout the U.S., as well as recent measles cases in New York and New Jersey, and ongoing cases of MERS in Saudi Arabia and Ebola in the Democratic Republic of Congo.

During a trip, travelers should ensure that food is properly prepared, and depending on the destination, only drink bottled, sealed beverages and avoid ice as it is likely made with tap water. It is also important to remember sun protection and insect repellent for certain destinations.

Please remember to ask ill persons about recent travel destinations and consult with local and state public health as needed.

For more information, visit wwwnc.cdc.gov/travel/page/traveling-holidays.

In the news: Raccoons drunk on crab apples cause false rabies scare in West Virginia
www.bhmgnews.com/bh/article_e6f8b54e-e871-11e8-a751-10604b9f0f42.html


In the news: The war to end all measles
www.nytimes.com/2018/11/12/well/family/veterans-day-war-brooklyn-measles-outbreak-mumps-immunizations.html

Infographic: Cooking for your community




Food Poisoning Facts

- People get foodborne poisoning when they consume contaminated foods or beverages.
- About 1 in 6 Americans (approximately 48 million) get food poisoning each year.
- About 128,000 Americans are hospitalized due to food poisoning each year.
- About 3,000 Americans die as a result of food poisoning each year.



Common causes of foodborne outbreaks

- Holding food at wrong temperature
- Poor handwashing
- Failure to cook food thoroughly
- Sick food handlers
- Improper thawing
- Improper cooling
- Improper reheating
- Cross-contamination of foods with other foods or by unclean equipment



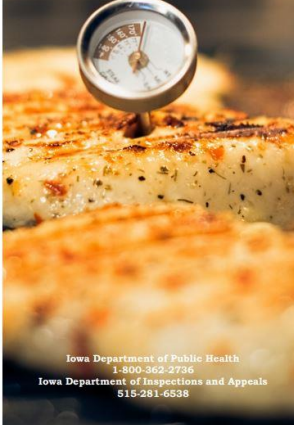
Feeling Queasy?

Call, it's Easy!

844-IowaSic
(for your local health department)
to report food poisoning

For more information, visit:
Iowa Department of Public Health
<http://idph.iowa.gov/cade/foodborne-illness>
Centers for Disease Control and Prevention
<https://www.cdc.gov/foodsafety/keep-food-safe.html>

Cooking for Your Community



Iowa Department of Public Health
1-800-262-2736
Iowa Department of Inspections and Appeals
515-281-6538

To view in full size, visit

idph.iowa.gov/Portals/1/userfiles/79/Documents/Cooking%20for%20large%20groups.pdf.

Meeting announcements and training opportunities

None

NOTE: There will be no Epi Update released next week due to the Thanksgiving holiday.

Have a healthy and happy week!

Center for Acute Disease Epidemiology

Iowa Department of Public Health

800-362-2736